



THE LAKEHEAD AMATEUR RADIO  
CLUB JOURNAL

September 2007  
Volume 73 Issue 7

# HI-Q

CLUB WEBSITE <http://www.larclub.net>



VE3FW—LARC call sign  
honours the memory of the  
Founding President  
P.J. "Pat" O'Shea

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- **NEXT MEETING**  
Thursday  
September 13, 2007  
at the McIntyre Building,  
Confederation College  
Room 191 at 7:30 pm
- Check out Northern Ontario Swap Net for buying and selling equipment !
- 2007/2008 Membership Renewal is now due!

## LARC at Hymers Fair



### LARC OPEN ACCESS REPEATERS

VE3YQT	Mount Baldy	147.060 (-600) Phone Patch
VE3TBR	St. Joseph's	145.490 (-600) (100.0 Hz) 442.075 (+5 MHz) 144.390 APRS
VE3BGA	Hillcrest H.S.	145.450 (-600) (IRLP Node VA3LU 123.0 Hz) 442.825 (+5 MHz) (100.0 Hz)
VE3UPP	Upsala	145.470 (-600)



# Lakehead Amateur Radio Club

## Meeting Minutes

### June 14, 2007

Judy VA3EAP, Secretary



#### Minutes of meeting June 14, 2007 (Thunder Bay Airport)

Meeting called to order by President Terry **VA3LU**.

Minutes of May 10<sup>th</sup>, 2007 meeting as posted in Hi-Q - motion to accept John **VA3JMS**, seconded by Clarence **VE3WCW** - motion carried.

Financial Report as posted in Hi-Q - motion to accept Joe **VE3TBX**, (with amendment - Closing Balance should read - June 10/2007 \$5482.43) seconded by Bob **VE3RVA** - motion carried.

#### Committee Reports

Terry **VA3LU** reported that **YQT** is down, zapped by lightning - work will proceed soon to get it back on the air.

**ARES** - None

**CANWARN** - John **VA3JMS** reported that a storm warning was in effect last week...and he distributed CDs to all members who attended **CANWARN** Session.

Public Service - Bob **VE3RVA** looking for operators weekend of July 27<sup>th</sup> and 28<sup>th</sup> for Kids of Steel and Triathlon - to be held at Boulevard Lake.

Grand Kam Canoe Race, June 30<sup>th</sup>, Old Fort William - operators needed- contact Brad **VE3MXJ** or Wayne **VA3WRL**. Volunteer meeting to be announced later.

Field Day - June 23<sup>rd</sup> and 24<sup>th</sup> out at Randy's **VA3OJ**, 2174 Rosslyn Road.

Conquer the Dog - dates to be announced later - Mike **VE3ZG**.

Hymers Fall Fair - September 2<sup>nd</sup> and 3<sup>rd</sup>, the LARC trailer will be there and we are looking for volunteers to help. A Hamfest could be possible with members selling, trading or showing off old stuff? Also, it is a great opportunity for LARC to pass on to the public the benefits and advantages of Amateur Radio.

#### Old Business - None

#### New Business

..Terry **VA3LU** introduced guest, Ron **VA3OUW** from Hamilton, Ontario. Ron talked about his 29-foot sailboat - AOLD HAND which he is sailing up the shores of Lake Superior. He took 4 months of work to enjoy his adventure. It is always a pleasure to talk to out-of-town Hams and an added pleasure to have them attend our monthly meeting.

50/50 draw won by Wayne **VA3WRL**

Motion to adjourn - Norm **VE3XRC**



## CANWARN REPORT

## CANWARN REPORT

Greetings all, well it was another quite storm season for us, we started the net a few times for watches and warnings, but nothing really transpired, seems like the big pond pushed everything either North, or South of us.

As most of you were aware, YQT was down during one of the Canwarn nets, and I would like to ask the executive if we can use TBR when this happens, unfortunately my radio wasn't programmed but thanks to Terry I'm up and running. Summer is not over yet, so maybe we will still have a chance to report some real weather.

Thanks to Terry to starting the net a few times, and to everyone who checked in.

73's

John VA3JMS  
Canwarn coordinator

**Best wishes  
and a  
speedy recovery**

**to Bob VE3BHN, who has re-  
turned from Southern Ontario  
after undergoing surgery.**

Nice to see you back on your feet,  
Bob!



Joe VE3TBX

**Lakehead Amateur Radio Club  
Treasurers Report**

<b>Opening Balance - June 10th. 2007</b>	<b>\$ 5,482.43</b>
------------------------------------------	--------------------

**Income**

Interest	\$ 0.14
50/50 Draw	\$ 8.50
Memberships	\$ 70.00
Hats	\$ 10.00
Thunder Bay Tri-athlon	\$ 250.00

<b>Total Income</b>	<b>\$ 338.64</b>
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**Expenses**

Thunder Bay Telephone	\$ 144.09
Bank Service Fee	\$ 4.50
Insurance	\$ 550.80
Hi Q Expenses	\$ 68.27
Field Day	\$ 178.62
Hymers Fair Expenses	\$ 45.00

<b>Total Expenses</b>	<b>\$ 991.28</b>
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**Closing Balance - Sept. 5th, 2007**

**\$ 4,829.79**

**Joe Coghlan - VE3TBX  
Treasurer**



# LARC at Hymers - September 2-3, 2007

The LARC public display at the 2007 Hymers Fair was well attended during the 2 day event on September 2-3.

Several operators kept the airways busy with contacts on HF, IRLP and local repeaters.

Operators over the two day event were Brad VE3MXJ, Clarence VE3WCW, Doug VE3EFC, Joe VE3TBX, Fred VE3FAL, Bob VE3RVA, Brian VE3BCQ, Fort VE3MCZ, Dave VE3AVS, Phil VE3AXL

**Joe, VE3TBX oversaw the site setup and was assisted by Randy VA3OJ, Bob VE3RVA, Brad VE3MXJ**



Photos courtesy Joe, VE3TBX



# E-Bike - Dave VE3AVS

## THE 'E-BIKE' OR ELECTRICALLY-ASSISTED BIKE.....

**M**ost people who know me are aware that my passion for cycling is satisfied for 8-9 months of the year – when the roads are free of snow. I was a commuting cyclist during my working years – round tripping 25-30 kM five days a week. Not only was this a health/cost benefit but it allowed my wife and I do be a one-car family. But this is supposed to be about e-bikes.....

The electrically-assisted bike has been around for decades, but it is only in the past several years that electrical/electronics technology has been developed to make the bike viable as an important economic and practical transportation alternative. There is so much information on various web sites that I'll stick to commenting on my own e-bike.

E-bike packages (motor/battery/control unit) are available which will allow you to do a conversion on almost any bike. I chose to buy a new bike with electrical assist simply because my old clunker bike had more years behind than ahead of it. After 6 months of research, I opted for a 22-inch Norco frame with a BionX Canadian-designed and manufactured system from JV Bike in Vancouver.

The brushless (optional) 250-watt (another option) motor is mounted in the rear hub and is powered by a 24-volt Lithium-ion (another option) battery. But the heart and soul of the system is the mini-computer mounted on the handlebar next to the gear shifter. As some of you know, any motor can be made a generator , and vice versa; this system is no exception.

The controller gives you three basic options: neutral (no connection to electrical system, motor-assist or generator-charge. When using the motor you have four selected levels of assist; when charging (e.g. going downhill) you have four levels of charging. There is also a throttle over-ride which will boost you to around 30 kM in seconds.

While cycling downhill or even on level stretches I use G1 or G2 to recharge the battery while the bike is moving. A1-4 is used going uphill and really works well. (I only use the throttle with my little grand-daughter on the crossbar – she loves it!).

For more information check out these web sites:

[www.cbc.ca/canada/ottawa/story/2006/10/04/e-bike-ontario.html](http://www.cbc.ca/canada/ottawa/story/2006/10/04/e-bike-ontario.html)  
[www.jvbike.com](http://www.jvbike.com)   [www.bionx.ca](http://www.bionx.ca)

Cheers from Dave.....VE3AVS

Official photo of Dave VE3AVS in his biking apparel. Taken in Tweed, ON after going through a stop sign !



Maya on e-bike



BionX brushless motor



BionX controller



BionX 24-volt battery



# Around Us -

## US REPEATERS

A visitor to our site ask that we send a email to you in order to let you know about a free resource that has just recently become available to Amateur Radio Operators.

We now have over 19,000 repeaters listed on our site.

<http://www.usrepeaters.com>

If you know of a repeater that is not listed on our site and would like to submit a repeater or correct a listing please follow the link provided here.

[http://www.usrepeaters.com/index.php?option=com\\_content&task=view&id=19&Itemid=30](http://www.usrepeaters.com/index.php?option=com_content&task=view&id=19&Itemid=30)

Take time to register at our forums and you will be added to regular drawings in the future to win Radio Equipment.  
<http://www.usrepeaters.com/forum/>

Try out our Google Map Program which allows users to find repeaters within so many miles of a zip code, city, state or address <http://www.usrepeaters.com/maps>

## LIST

144-148MHz Repeater List is available at

[http://www.usrepeaters.com/index.php?option=com\\_content&task=view&id=17&Itemid=28](http://www.usrepeaters.com/index.php?option=com_content&task=view&id=17&Itemid=28)

29.5 29.7MHz Repeater List is available at

[http://www.usrepeaters.com/index.php?option=com\\_content&task=view&id=20&Itemid=31](http://www.usrepeaters.com/index.php?option=com_content&task=view&id=20&Itemid=31)

51-54MHz Repeater List is available at

[http://www.usrepeaters.com/index.php?option=com\\_content&task=view&id=21&Itemid=32](http://www.usrepeaters.com/index.php?option=com_content&task=view&id=21&Itemid=32)

222-225MHz Repeater List is available at

[http://www.usrepeaters.com/index.php?option=com\\_content&task=view&id=22&Itemid=33](http://www.usrepeaters.com/index.php?option=com_content&task=view&id=22&Itemid=33)

420-450MHz Repeater List is available at

[http://www.usrepeaters.com/index.php?option=com\\_content&task=view&id=18&Itemid=29](http://www.usrepeaters.com/index.php?option=com_content&task=view&id=18&Itemid=29)

902-928MHz Repeater List is available at

[http://www.usrepeaters.com/index.php?option=com\\_content&task=view&id=23&Itemid=34](http://www.usrepeaters.com/index.php?option=com_content&task=view&id=23&Itemid=34)

1240MHz Plus Repeater List is available at

[http://www.usrepeaters.com/index.php?option=com\\_content&task=view&id=24&Itemid=35](http://www.usrepeaters.com/index.php?option=com_content&task=view&id=24&Itemid=35)

IRLP Repeater List is available at

[http://www.usrepeaters.com/index.php?option=com\\_content&task=view&id=28&Itemid=40](http://www.usrepeaters.com/index.php?option=com_content&task=view&id=28&Itemid=40)

We are currently working on adding a EchoLink repeater database to our list of repeaters.

Come see the site please and let me know what you think

73  
AB9IF

## A FEW GOOD LINKS

**all about charging batteries..**

<http://www.batteryuniversity.com/index.htm>

**CW operating Tips**

<http://www.arm-tek.net/~yoel/cw.html>

**Free Software Foundation**

<http://www.arm-tek.net/~yoel/cw.html>

de moi Wayne VA3WRL

## TOWERS and SITING

On June 28, 2007 Industry Canada released its long-awaited new policy and procedures on towers and antenna siting, entitled CPC-2-0-03, Radiocommunication and Broadcasting Antenna Systems, Issue 4, June 2007.

The new procedures will come into effect on 1 January 2008. Radio amateurs should note that until then, the current CPC-2-0-03, Issue 3, June 24, 1995, remains in effect.

Radio Amateurs of Canada (RAC) has been an active participant in the national review of antenna tower policies initiated by Industry Canada in March 2003, and in the subsequent many and varied spectrum-user stakeholders' meetings that reviewed and commented on the initial draft policy. The new CPC-2-0-03 was released by the Department without a final review by tower proponents despite their requests. Therefore RAC is now analyzing the new tower policy and procedures and will describe their impact for the Amateur Service in an upcoming issue of The Canadian Amateur.

Radio amateurs are invited to read the new policy at:

[http://strategis.ic.gc.ca/epic/site/smt-gst.nsf/en/h\\_sf01702e.html](http://strategis.ic.gc.ca/epic/site/smt-gst.nsf/en/h_sf01702e.html) and to comment to Jim Dean, VE3IQ and Richard Ferch, VE3KI/VE3IAY at [ve3iq@rac.ca](mailto:ve3iq@rac.ca) and [ve3iay@rac.ca](mailto:ve3iay@rac.ca), respectively.

## HAPPY HOUR in Newfoundland

The Newfie saw the sign at the restaurant.  
It read.... Happy hour special: Lobster Tail & Beer"

"Lard 'Tunderin' Jaises !" he says to himself,  
"Me tree favourite tings".

de VE3WRL



**HI-Q**

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# Field Day - June 23–24, 2007



Continued next page



# Field Day - June 23–24, 2007



Thanks to Bill, VE3XT for the Field Day photos!

**AMATEUR RADIC**

Next regular meeting  
**Thursday**  
**September 13, 2007**  
McIntyre Building, Confederation College  
Room 191  
**7:30 pm**

## Northern Ontario Swap Net

<http://users.xplornet.com/~ve3pdpat/nontsale.htm>

Or use link on  
[Larclub.net](http://Larclub.net)

**LARC ARES**  
**2 Meter Net**  
**Every Tuesday**  
at  
**7:00 pm**  
On YQT !!

## Editors Note:

With my wife, Carol, retiring as of Dec 31st of this year, we have planned extended trips to Florida and then the West Coast for 2008.

Unfortunately, I will have to give up the editing and distribution of HI-Q as of the end of 2007. The December issue will be the last one I have time to work on.

If you are interested in learning or working on the club's newsletter with me, please let me know and we can make a transfer by the end of the year, or earlier.

Of course, as editor, you will have the freedom to edit and publish HI-Q in a format that suits you.

I am reluctantly giving this up as it has been a great experience for me, and hopefully also fulfilled the needs of our members.

73

Leo VE3ATC  
[ve3atc@spruce.ca](mailto:ve3atc@spruce.ca)  
phone 939-1020

**THE LAKEHEAD AMATEUR  
RADIO CLUB JOURNAL**

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Leo VE3ATC 939-1020

Hi-Q is published monthly on the Sunday preceding the monthly meeting.  
Monthly meetings are held on the second Thursday of each month, except for July and August. Your submissions are welcome at any time. Submit early to ensure publication in next issue! Send to editor at [ve3atc@spruce.ca](mailto:ve3atc@spruce.ca)



LARC is a member of [RAC](#)

**LARC PUBLIC SERVICES****ARES**

**District Emergency Coordinator**  
VE3FAL Fred Lesnick 577-0789  
**Assistant**  
VE3MXJ Brad 767-0628  
**Emergency Coordinator**  
VA3OJ Randy Gottfred 474-0910

**CANWARN**

VA3JMS John 767-3631  
VE3MXJ Brad 767-0628

**Public Service Events**

VE3MXJ Brad 767-0628  
VA3JMS John 767-3631

**Amateur Radio  
Accredited Examiner**

VE3FAL Fred Lesnick 577-0789  
[flesnick@tbaytel.net](mailto:flesnick@tbaytel.net)

**RAC**

[Radio Amateurs of Canada](#)

<b>LARC</b>	<b>Keith Fiske</b>	<b>VE3JQ</b>
<b>SENATE</b>	<b>Pat Doherty</b>	<b>VE3PD</b>
	<b>Dave Kimpton</b>	<b>VE3AVS</b>
	<b>Laurie Bridgett</b>	<b>VE3BCD</b>
	<b>Terry Stewardson</b>	<b>VA3LU</b>
	<b>Ed Baumann</b>	<b>VE3SNW</b>

<b>LARC</b>	<b>President</b>		
<b>EXECUTIVE</b>	Terry Stewardson	VA3LU	577-9439
<b>2006—2007</b>	<b>Vice-President</b>		
	Bob Hansen	VE3RVA	767-6924
	<b>Secretary</b>		
	Judy Artist	VA3EAP	
	<b>Treasurer</b>		
	Joe Coghlan	VE3TBX	344-6566
	<b>Directors</b>		
	Brad Harris	VE3MXJ	767-0628
	Randy Gottfred	VA3OJ	474-0910
	Mike Nawrocki	VE3ZG	767-1714
	Bill Unger	VE3XT	344-1848
	<b>Past President</b>		
	John Sacek	VA3JMS	767-3631

**About LARC**

Lakehead Amateur Radio Club members have all levels of interest and knowledge in the wide spectrum of amateur radio.

Monthly meetings and contact with other members allow us to share and discuss different ideas, and to learn from each other.

LARC membership meetings are held the second Thursday of each month, September through June at 7:30 PM local time at the McIntyre Building, Confederation College Room 191

Each meeting consists of a mix of technical and light-hearted topics, with a break for meeting friends and new friends.

Anyone with an interest in ham radio is invited to join us. Amateur radio classes are also administered by LARC to help you with your Amateur Radio License contact any of the Executive members above for more information



## 2007/2008 MEMBERSHIP/RENEWAL APPLICATION

**LAKEHEAD AMATEUR RADIO CLUB INC**  
**1100C MEMORIAL AVE, SUITE 184,**  
**THUNDER BAY, ONT P7B4A3**

### FULL MEMBERSHIP

**\$35.00 – Full Membership open only to licensed amateurs**

**NAME:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **CITY:** \_\_\_\_\_

**TELEPHONE:** ( ) \_\_\_\_\_

**POSTAL CODE:** \_\_\_\_\_

**MAY WE PUBLISH THE PHONE NUMBER** yes / no

**MAY WE DELIVER Hi-Q BY E-MAIL?** yes / no

Are there any changes to your membership details from last year? yes / no

**CALL(S)** \_\_\_\_\_

#### FAMILY MEMBERSHIP

Immediate family residing at the same address and holding licenses.  
\$35.00 plus \$10.00 for each additional amateur.

#### NAMES AND CALLS

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#### STUDENT MEMBERSHIP

\$15.00-open to persons enrolled full time in an education facility, list School and program

**SCHOOL:** \_\_\_\_\_

**PROGRAM:** \_\_\_\_\_

Please mail or bring this form to the next meeting with your cash or cheque for membership fees.

Cheques should be made payable to  
Lakehead Amateur Radio Club.

Applications and cheques can also be dropped off at the above address.

#### ASSOCIATE MEMBERSHIP

\$20.00-upon approval of the Board and open to:

1. Non holders of an amateur radio license.
2. Licensed amateurs living outside the immediate Thunder Bay area or are unable to attend regular meetings of the club.

If you feel you qualify for associate membership, please indicate why, on a separate sheet, to be used by the Board to consider your application.